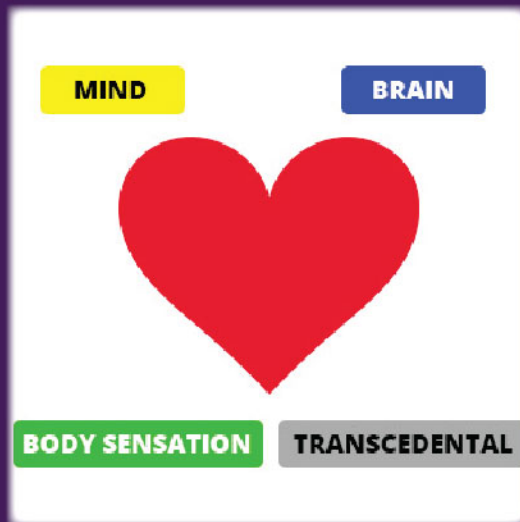


How is emotion experienced?



How will I be taught?

There will be practical exercises and theory supported by handouts and mixed media presentations.

Duration: 1 day(s)

Format: In house / at training provider's premises. This course starts at 10am and will finish by 5.00pm. Lunch and refreshments are provided.

Contact Us:

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1 DAY TRAINING COURSE

EMOTIONAL INTELLIGENCE





Jasmina Paul
Founder of
Bodhy Health LTD

Current science research has proven that **EMOTIONAL INTELLIGENCE** is closely associated with high performance and general sense of well-being. It is well known in the sporting world that having the right mindset and emotional response leads to the highest possible achievement.

What is the course about?

Accessing, understanding and expressing the language of emotions.

Why would you want to develop Emotional Intelligence?

1. EI can aid with achieving emotional balance vs emotional rollercoaster.
2. Emotional balance in turn can bring about powerful health changes.
3. You'll be able to respond to conflict (instead of react) and manage life challenges and setbacks in a more peaceful manner.
4. Accessing emotion intelligence increases intuition, a powerful tool for leading your life with strength and authenticity.
5. You will begin to experience more fulfilling work and personal relationships.
6. You will learn a simple process how to access your creativity, tune into your ideas and make them achievable .

What topics will we cover?

Introduction

- The value and function of your emotions in the context of mind-body health
- What is emotional intelligence and how to use it to your benefit?

Assessing & developing your emotional intelligence

- How do you shape up?
- Assessing your strengths and weaknesses
- Nine habits of emotionally intelligent people

Self-awareness

- Tuning into your own emotions to know what you feel as well as the cause of the emotions stirred in you
- How to develop an increasing awareness of your own emotions and the emotions of others?
- Ancient breathwork techniques to develop emotion balance

Emotion management

- Understanding the dynamics of emotions and why you are getting emotionally reactive?
- Precise instructions what to do when you are being emotionally triggered (frustrated, angry, anxious, sad etc.)

Motivation

- What is your inner critic?
- How to turn negativity into positive self-talk?
- Psychology behind procrastination – effective tools to change your habits

Relationship management

- What is a relationship and types of relationship? Why do we get together and why do relationships fail?
- What makes a successful, inspiring and authentic relationship?
- Psychology of influence - 7 steps to building exceptional personal and work relationships

In response to recent huge corporate scandals, Prof George (2012) wrote great companies must “figure out how to tap into people’s hearts — their passions and their desires to make a difference through their work” as true character reveals within